

July

2015

SPECIAL EDITION

NEWSLETTER OF THE  
CITY OF TACOMA

# HealthVine



## SUMMER FUN — LET THE JOURNEYS BEGIN!



### SUMMER INCENTIVE

**Congrats:** The first winner for the Summer Incentive Campaign was drawn on July 1, 2015.

**CINDY FARMER** was the first City of Tacoma Employee to win one of five \$200 gift cards! Woo hoo! There are still **FOUR** more opportunities to win between now and Aug. 26.

**Drawing Dates:** The remaining four drawing dates are **July 15, July 29, Aug. 12 and Aug. 29**. For every RedBrick Journey you have completed or do complete, you will be entered to win a \$200 gift card.

**Disclaimer:** This reward is taxable income. Winners will need to complete the "Employee Gifts Recorded as Taxable Earnings" form and return it to Payroll. A congratulatory email with instructions will be provided to each winner.

### 2016 INCENTIVE DEADLINE

**Reminder:** Tacoma Employee Wellness is offering the Summer Incentive as a tool to keep you engaged and motivated in Journeys. You only have until September 30th to complete two (2) Journeys. Go to <https://tew.redbrickhealth.com> to work on Journeys!



### JOURNEY RECOMMENDATIONS

**21 Days to Lighten-Up Habits (2 Stages).** What if you could try some of the most effective weight loss habits—small choices that successful losers habitually make? Have fun experimenting with a different habit each day in this Journey to a lighter-weight lifestyle.

**Fitness to Go (2 Stages for leisure travelers, 3 Stages for business travelers).** Find your fit wherever you go with small steps that get you moving on the road. By plane, by train or by automobile. Start small and work your way up to workouts that leave you pumped and ready for anything.

**Fuel Up: Eat for Energy (3 Stages).** This Journey will help you build the skills to eat for energy all day. You'll learn how to power up at breakfast and pick some smart snacks to keep you fueled up between meals. Before you know it, you'll be eating for energy every day of the week!.

**Move It and Lose It (2 Stages).** Work your way up to 30 minutes of healthy activity a day by simply moving and little more every hour. You don't even have to get out of your seat to get the benefits. Start choosing steps and start moving.

**Make Time for Play (3 Stages).** This Journey was highlighted in the June newsletter, but is worth mentioning again because play is powerful and summer is a great time to play! Devote time to leisure and you'll likely be healthier, happier, less depressed and less stressed. And ... when you have more fun, you are more fun—everyone around you benefits! In this Journey, get rid of your buzz kills and find your fun.

Visit <http://wellness.cityoftacoma.org> for Journey FAQs, more information regarding the 2016 Incentive and archived copies of the HealthVine Newsletters.

# 2015 South Sound Heart & Stroke Walk



There is no better way to demonstrate our commitment to health than to lead by example and participate in this year's South Sound Heart and Stroke Walk on **Oct. 3, 2015!**

The American Heart Association's annual **South Sound Heart and Stroke Walk** is the celebration of a season of making positive lifestyle changes. Featuring a healthy-living festival and a non-competitive 5K participants are invited to visit booths that encourage healthy living as well as walking the 3-mile route along the Foss Waterway esplanade.

The City of Tacoma has participated in the South Sound Heart and Stroke Walk for over 10 years and has helped raise over \$150,000 to support the American Heart and Stroke Association. These funds have helped support cardiovascular and stroke research and programs in our community. Previous research funded by the AHA has brought us CPR, AEDs, cholesterol and blood pressure medications, life-saving surgical techniques and much more!

## Team Captains

We are still in the need for more City of Tacoma team captains! Please visit the [City of Tacoma Heart Walk Page](#) to register today for your team. I would like to recognize and thank the following individuals who have stepped forward to lead teams for their departments:

### City Attorney's Office:

Cheryl Comer

### City Manager's Office:

Samantha Kaauamo

### Customer Service:

Patty Taylor

### ES — Science and Engineering:

Scott Haydon

### HR Huff and Puff:

Angie Hardy and Marti Spike

### Neighborhood and Community Services:

Lisa Wojtanowicz

### Tacoma Fire Department:

John Pappuleas

### Tacoma Police Department:

Loretta Cool

### TEAM IT:

Kathy Lapp



## City of Tacoma Goal

The City aims to have a great showing with at least **150 walkers** and achieve our fundraising **goal of \$15,000** for the fight against heart disease and stroke. Participating is fun and easy, and you can invite friends and family to join you!

## Why We Need Your Help

- Every 34 seconds, someone has a heart attack.
- Every 40 seconds someone has a stroke.
- One in three Americans has some form of cardiovascular disease.

## AHA Mission

Building Healthier Lives Free of Cardiovascular Disease and Stroke

**DID YOU KNOW?** Fewer than 1 percent of all Americans are in ideal cardiovascular health, as defined by the AHA, yet 39 percent of Americans believe they are in ideal cardiovascular health.





## MEET YOUR WELLNESS CHAMPIONS

We are pleased to inform you that nine unique and inspiring employees have been selected for the Tacoma Employee Wellness Champion Program – Growing With Better Health!

These employees will serve as liaisons between the Tacoma Employee Wellness Program and their work department/location to help create excitement around living a healthy lifestyle.

### TEAM MEMBERS

- Elizabeth Cantrell
- Tami Croft
- Chris Hartman
- Chris Hicks
- Jaime Jackson
- Michele Nelson
- Michelle Petrich
- Michelle Roose
- Shantel Shepard

### WANT TO JOIN THE TEAM?

Please email or call Wellness Coordinator Shannon Carmody at [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org) or (253) 591-2002.



## CITY OF TACOMA EMPLOYEE SPOTLIGHT

### MICHEL PELOQUIN, TACOMA WATER

*Last year, I received a diagnosis of diabetes, Type 2. Soon after, the City of Tacoma launched its Wellness Program and I chose to participate in the Journey called Diabetes: New to You. After a few months of eating better, monitoring my blood sugars, and exercising more, I've lost 10 pounds and my doctor is prepared to lower my dose of insulin. I still have more weight to lose and more personal health goals to reach outside of the RedBrick program, but Journeys have helped me to develop healthy habits that I can continue and grow upon to help control or reverse my new diagnosis of diabetes, Type 2.*



**SHARE YOUR WELLNESS STORY.** We want to hear from YOU! Please submit your Wellness Story/Journey to [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org).

## UPCOMING EVENTS\*

Date	Event	Location
July 21, 2015	<a href="#">Work-Life Balance Presentation</a>	TPU Auditorium
July 25, 2015	<a href="#">Buckley to Orting Half Marathon</a>	Buckley, WA
July 24, 2015	<a href="#">Relay For Life 5k Walk/Run</a>	Sumner, WA
July 25, 2015	<a href="#">Buckley to Orting Half Marathon</a>	Buckley, WA
July 25, 2015	<a href="#">Dog-A-Thon 2015</a>	Lakewood, WA
July 25, 2015	<a href="#">Seafair Pirate Run</a>	Seattle, WA
Aug. 2, 2015	<a href="#">Unleashed at Stadium Bowl</a>	Tacoma, WA
Aug. 7, 2015	<a href="#">Obliteride</a>	Seattle, WA

See more races in the Pacific NW by visiting [www.racecenter.com](http://www.racecenter.com).

\*The City of Tacoma is not sponsoring nor contracting with any of these events.  
The list provided is a summary of events happening within 40 miles of Tacoma.



City of Tacoma  
Human Resources Department  
Employee Wellness  
747 Market Street, Room 1448  
Tacoma, WA 98402

## Your Wellness Program Resources

**Questions?** For general questions regarding your Wellness program or the incentive, please visit the Tacoma Employee Wellness Microsite at [wellness.cityoftacoma.org](http://wellness.cityoftacoma.org) or contact Wellness Coordinator Shannon Carmody at (253) 591-2002 or [wellness@cityoftacoma.org](mailto:wellness@cityoftacoma.org).

If you would like help with the registration process or have user issues on the website, please call RedBrick Customer Service toll-free at (877) 278-5241.

**Forgot Your Password?** You can reset your password by visiting <https://tew.redbrickhealth.com> and clicking: Forgot your password?

**Forgot Your Username?** Contact RedBrick Customer Service toll-free at (877) 278-5241.

# HealthVine Special Edition Newsletter

## Wellness Program Information Inside

**Summer Incentive Campaign.** Tacoma Employee Wellness wants to help keep you engaged in your health. For every RedBrick Journey you have completed or do complete by each drawing date, you will automatically be entered to win a \$200 gift card.

**2015 Heart and Stroke Walk.** Demonstrate your commitment to health by participating in this year's South Sound Heart and Stroke Walk. Participating is fun and easy, and you can invite friends and family to join you!

**Employee Spotlight Story.** Michel Peloquin is a Professional Engineer for the City of Tacoma's Tacoma Water Department.

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